

Be committed. Be well.

WHAT TO DO IF SICK



WASH

hands with soap and water for at least 20 seconds, or use hand sanitizer that contains at least 60% alcohol.



STAY HOME

and avoid people and animals.



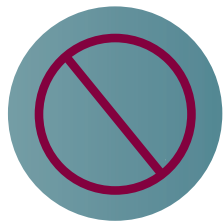
CLEAN

high-touch surfaces daily.



COVER

coughs and sneezes.



DON'T

share items like dishes or bedding.



WEAR

a face covering/mask.